GARRISON
FWA
SUSTAIN
SUPPORT
DEFEND
SAFETY OFFICE
COLD
WEATHER
CLOTHING

Hat
Mittens
Scarf
Jacket/Coat
Wet proof pants
Long
Underwear
underneath
2 Layers of
socks
(underneath)
Boots

DRESSING FOR COLD WEATHER

Remember

C **Keep Clothing CLEAN**

O **Avoid OVERHEATING**

L **Wear It in Loose LAYERS**

D **Keep It DRY**

DRESSING FOR COLD WEATHER

Choose Clothing According to

- Temperature
- Wind

DRESSING FOR COLD WEATHER

Chilling of Overheated Body May Cause:

- Illness
- Chapped Skin
- Chilblains
- Frostbite
- Hypothermia

WET COLD (to 10°F)

- Lightweight underwear
- Medium weight pants
- Long sleeve shirt
- Socks (no cotton)
- Shoes inside rubber boots
- Warm water repellent coat
- Light weight cap
- Warm mittens

WET COLD (to 10ºF)-

Nylon Mittens w/Flannel Linings – POOR CHOICE

Nylon Does Not Allow Evaporation of Hands

Hands Become Cold & Wet

DRY COLD (10ºF TO -20ºF)
Add More Clothing Such as
Wool Socks
Snow Pants Over Jeans
Heavier Mittens
Warmer Cap

DRY COLD (10ºF TO -20ºF)
Footwear May Be
Fur Lined
Synthetic Fleece
Wool-lined
Lightweight Shoes Inside Boot
Provide Indoor Shoe
Prevent Feet Perspiring

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SAFETY OFFICE
BE WARM
BE DRY
BE SAFE